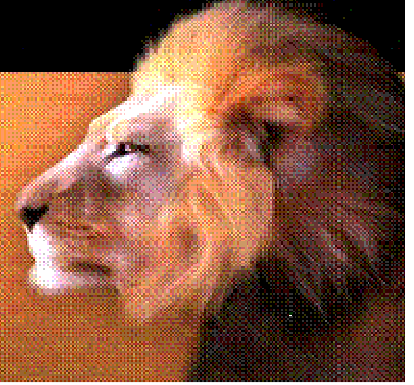


# THE REFUGE

youth of saron lutheran church



## UPCOMING STUFF

### **CONFIRMATION**

March 3, 17, 24, 31

### **THE GATHERING**

Worship for all ages

Wed., March 31

7:00-8:30 P.M.

Extremely Special Guest:

### **TO BE ANNOUNCED**

**Bring a friend!**

### **SPECIAL FEATURE: LEFTOVER PANCAKE TOSSING!**

### **The REFUGE**

**"Where Everybody Knows Your Name!"**

**CURTIS R. RIECK**

**SLYGUY@IZOOM.NET**



*(the person who should know stuff)*

### **WELCOME 2010**

Listen to the troubles  
of others,  
and your own shall be  
halved.

## **REFUGE TO ADOPT HOMELESS SHELTER**

*"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."*

-Dr. Seuss

## **HERE IS WHERE WE WILL START**



When you travel save the little bottles of toiletries from hotels and donate them to the Refuge. It feels good to use your own shampoo or lotion, even when you have to share a shower. When you have to spend all day on your feet, it's nice to be able to freshen up in a library restroom or park. Some people think that people experiencing homelessness don't care about their appearance, but this is not at all true. Basic human pride is present at all economic levels.

### **ALSO COLLECTING**

- \*New Adult & Child Underwear
- \*New Adult T-shirts (all sizes)
- \*New Adult & Child socks
- \*Toothpaste and toothbrush
- \*Lotions, shampoo, soap

Thank you for being someone who *"cares a whole awful lot!"*

**\*VISIT SIMPSON AT: [www.simpsonhousing.org](http://www.simpsonhousing.org)**

# REFUGE FOOD HUNT

Under the theme, *“Imagine if everyone would share,”* students from *The REFUGE* will take to the streets with their adult leaders

**SPECIAL  
START  
TIME:  
6:30pm**

Wednesday, March 17 to collect food in support of Minnesota Food Share month. Students will be going door to door collecting food and handing out information on how to both use and donate to our area foodshelf . **PLEASE SEND YOUR STUDENTS DRESSED FOR BEING OUTSIDE AND GIVE BOLDLY IF YOU ARE VISITED BY ONE OF OUR GROUPS!**

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**We pause to bring you this educational moment sponsored by the Refuge of Saron**

## **WHAT IS LENT?**

**Begins 46 days before Easter and includes 40 weekdays and 6 Sundays. Sundays are not counted as a part of Lent (a period which calls for no festivity) as they are seen as days of celebration. That means that Lent is really 40 days long. During these 40 days we remember Jesus’ 40 days in the wilderness where He thought and prayed concerning God’s will for His life. In the same way we are to spend these 40 days contemplating God’s will for our own lives. During Jesus time in the wilderness He also did not eat. From this the tradition of fasting or giving something up for Lent began. Lent began on Ash Wednesday, where we were reminded of our own mortality. As we were marked with ashes (which came from the burning of the palms from the previous years Palm Sunday) you were told “From dust you have come and to dust you shall return.” Lent begins with a reminder of our own approaching death and ends with the death of Jesus.**

# FAT TUESDAY NEVER-ENDING PANCAKES!

This years Fat Tuesday event once again provided the three “F’s,”



**FOOD,**



**FUN and**



**Fellowship!**